



Health Matters

Frequently Asked Questions about the Healthier Snack Program

Why provide healthier choices?

One goal of the Health Reform Initiative is to support employee's efforts to get healthier and stay healthier. One way to help employees eat smart is to provide healthier snack choices in vending machines.

What is a healthier snack?

In partnership with the Public Health—Seattle & King County, the Health Reform Initiative chose to follow the Winner's Circle criteria for healthier snacks. Winner's Circle is a nationally recognized non-profit organization that uses specific nutrition criteria for selecting healthier snacks to promote health and reduce the risk of disease. The Winner's Circle criteria for healthier snacks are (per serving): less than 30 percent of the calories from fat, 35 percent or less sugar by weight, and less than 480 milligrams of sodium (salt). For more information about Winner's Circle, visit: www.winnerscirclehealthydining.com



King County Executive Ron Sims grabs a healthy snack from a vending machine.

Who determines which healthier snacks are offered?

The decision is made by a combination of customers, nutritionists, dietitians, vendors and Health Reform Initiative staff.

If a snack meets the Winner's Circle nutrition criteria, it is then evaluated based on price and employee demand. A committee that includes a credentialed dietitian, a credentialed nutritionist, a Health Reform Initiative staff member and a vending machine owner/operator reviews the choices. Whenever possible employee/user input is solicited. The goal is to offer a minimum of 20-30% healthier snacks and beverages.

Some examples of healthier snacks and beverages include:

- Organic apple chips
- Baked potato chips
- Fruit cup in water
- Chex Mix-Sweet'nSalty
- Goldfish crackers
- Graham crackers
- Granola bars
- Light microwave popcorn
- Bottled or sparkling water (sugar free)
- Diet Iced tea, 100% fruit juice such as apple juice and orange juice

Frequently Asked Questions about the Healthier Snack Program (cont'd)

Where are the vending machines with healthier snacks and beverages?

Healthier snacks and beverages options are currently available at the following locations:

- Administration Building
 - o Floors 4, 5 and 6 (snacks)
 - o Floors 4, 5, 6 and 7 (beverages)
- Chinook Building
 - o All floors (snacks and beverages)
- King County Courthouse
 - o Floors 1 (new jury room), 4, 5 and 12 (snacks and beverages)
- King Street Center
 - o Floor 1 near the Activity Center (snacks and beverages)
 - o Floor 8 (snacks)
- Yesler Building
 - o Floor 2 (snacks and beverages)

How are healthier choices in vending machines funded?

Vending machines are provided by independent vendors at no cost to King County or departments. Vending machines on county property are operated according to Washington State RCW 74.18, which states that a portion of gross sales from vending machines is provided to the Department of Services for the Blind. This revenue helps support employment and independence of blind persons in the state of Washington.

Employees and/or the public purchase vending machine snacks and beverages which in turn pay the cost of the vending machines installed in King County facilities.

How is the Healthier Snack program advertised?

Vending machines with healthier snack options are promoted through a variety of vehicles including: the Health Matters newsletter, global emails to all employees, and point of purchase signage. Project management, communication, and advertising are provided by the Health Reform Initiative staff.

How can I get healthier snacks options in vending machines where I work?

Contact Beth Glynn at 206-263-6694 or send an email to Beth.Glynn@kingcounty.gov.

Eat Smart. Move More. Stress Less.

www.metrokc.gov/employees

e-mail: health.matters@metrokc.gov — phone: (206) 205-5017